



Plants: Lifeline of Earth



Kara D Williams

Kara is the current Dean of WSTS. She holds a BA in Sociology, a BM in Wiccan Ministry, a Masters in Education and is a 3rd Degree Initiate of Lady Belladonna Laveau, Covenant of the WISE, Inc/ATC.

She has completed the Foundations Course with the Micheal Harner Shamanic system through the Foundation for Shamanic Studies in California. Kara has studied herbs and their medicinal and historical uses since 1992 and their spiritual and magical uses since 2006.



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Plant Spirits

Journey to Speak with Them!

This workshop is based
on a yearlong course
taught by Kara at WSTS

A Journey . . .

Wiccans believe that all things have energy and that living things have a spiritual component. We are connected to the planet in both a physical and spiritual way. Each plant has a plant spirit that is both individual to that plant and a larger "plant consciousness" that is specific to plants of that species. That plant consciousness is what we will journey to meet.



Meditation

A practice that uses techniques like mindfulness or focusing the mind on a particular object, thought, or activity to train attention and awareness.

Shamanic Journey

A shamanic journey has a specific set of rituals and is taken alone without any suggestions and without a guide. Shamanic journeys rely on sound and trance to achieve their work and they progress in a set fashion each time. Sometimes they involve other attributes that are specific to the type of shamanism being practiced and they "go" to very specific locations.

Guided Meditation

A guided meditation or path-working is where a participant follows the suggestions for the meditation given to them by the facilitator.

How We Will Journey ...



Astral Temple



Her Garden



Paths to meet the Plants



Cerridwen

In Welsh medieval legend, Cerridwen is a powerful enchantress. Her knowledge of plants allowed her to brew a potion of wisdom.

Meet our Guide

Meditation to Meet Cerridwen . . .





Jot down some notes for you to journal later if you wish

A personal experience

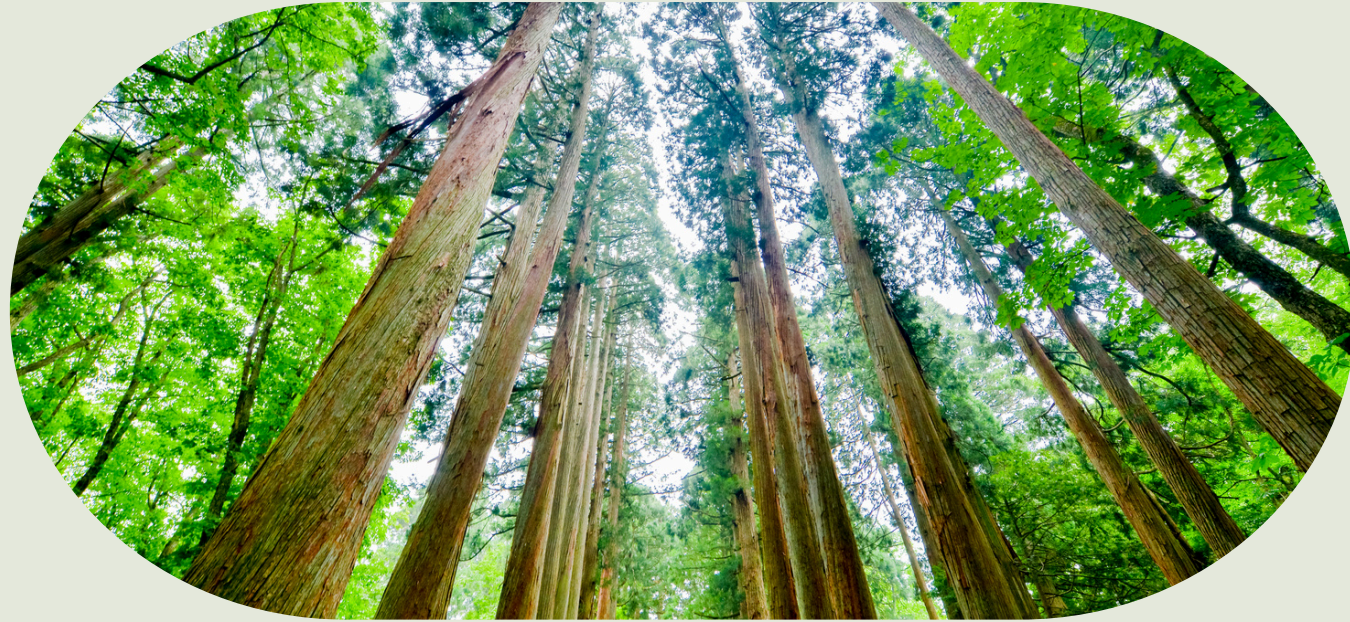


How was your journey...

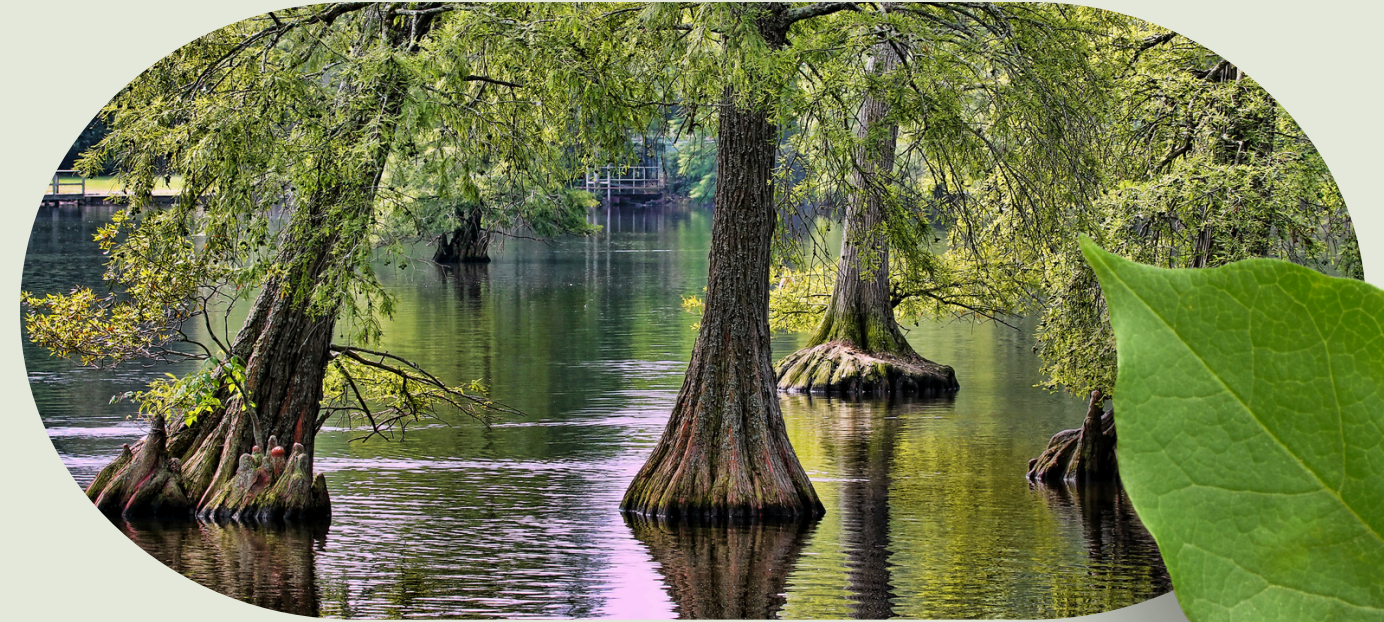
Take a moment to share with us what you experienced. Jot down some notes if you like.



Talking to Plants Spirits...



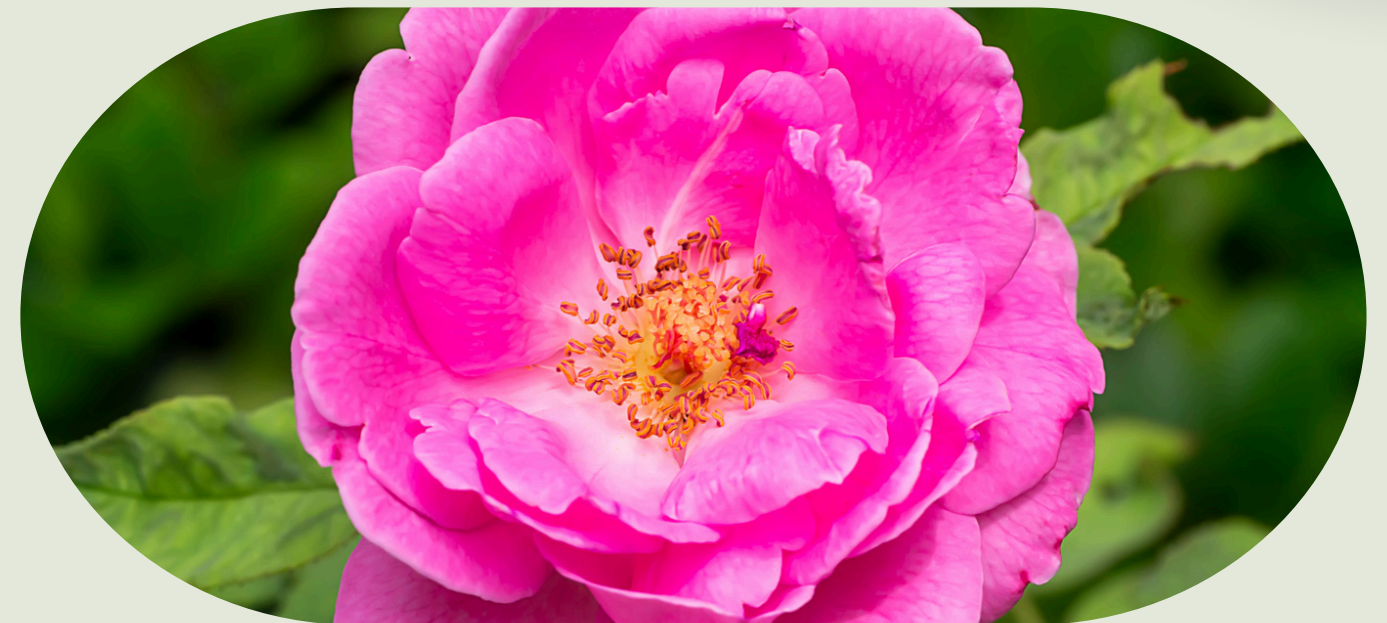
Cedar



Bald Cypress



Geranium



Rose



Jot down some notes for you to journal later if you wish

A personal experience



How was your journey...

Take a moment to share with us what you experienced. Jot down some notes if you like.



Where do you go from here . . .

**Plant native
species at home**

**Support
conservation
organizations**

**Continue to
connect with
living plants**

**Study plants
and work with
them in all
versions - oils,
dried, tinctures,
etc.**



Spend time interacting with plants in the kitchen, in healing practices, in your magical practice. Then use this format to go back to the meadow and down another path and speak with more plants!



Recommended Readings:



- Journeys with Plant Spirits: Plant consciousness Healing & Natural Magic Practices by Emma Farrell (2021)
- Encyclopedia of Magical Herbs by Scott Cunningham (1985)
- Magical Herbalism: The secret craft of the wise by Scott Cunningham (1995)
- The Findhorn Garden: <https://www.lindadayemkealey.com/blog/the-findhorn-garden-a-collaboration-between-humans-and-nature>
- <https://somaticspiritualcounseling.com/plant-spirit-medicine/>